You still have time to be counted See page 3

Do you suffer from chronic fatigue? There may be a cure See page 6

Let's hear it for Zina See page 10



The New Journal of Civilization

Body building contest See page 7

is Oprah's place really hot? Find out in On the Money See page 3

> Florio: tough kid, tough governor, tough decisions See page 4

BRIEFS

NAACP appeals for help in the James Ferguson murder conviction

Due to the amount of inquires concerning the murder conviction of 16-year-old James Ferguson (GIs) News, July 4, 1990), the Metuchen-Edison NAACP has requested that letters of appeal should by sent directly to Judges Barnett E. Hoffman and Defense Counsel Dennis Nieves. Through this process, the NAACP hopes those concerned with the cases will petition the Judge to have James returned to a juvenile facility where he is less likely to be victimized by older, harden convictes. The appeals should also contain a request for a James' retrial as a juvenile so that all facts in the matter can be brought out.

The Honorable Judge Barnett E. Hoff Middlesex County Court and Adminis

Defense Coursel Dennis Nieves 172 New Street New Brunswick, New Jersey 08901

LEGISLATION ESTABLISHES COP RESIDENCY REQUIREMENTS

RESIDENCY
REQUIREMENTS

TRENTON — New Jersey municipalities voride be authorized to enact ordinances establishing residency requirements for members of their police force under terms of legislation approved by the company of their police force under terms of legislation approved by the company of their police force under terms of legislation (A-1365) is sponsored by Assembly Majority Leader Wayne R. Bryant (D-Camden) and Assemblyman John S. Watson (D-Mercer). Assemblyman Bryant explained that the purpose of the legislation is to give local government officials greater flexibility in establishing a residency policy "which is consistent with emunicipality's goal of having the most responsive and accessible police force possible."

Watson pointed out, "There are two distinct advantages to having an all-resident police force. First, you enhance public safety response. Second, you have leave inforcement officers who become part of the community and, thus, add a sense of security and afferty to residents on an around-the-clock basis."



Steppin' down Front Street at the Fourth of July Annual Parade in Plainfield is the Ultranique Queen Drill Team. See page 8 for more parade photos Photoby Ray Balley

Exam announced for County police officers

Union County Freeholder Chairman Gerald B. Green anlice Officer has been announced by the N.J. Department of perPrecholder Green noted that.

The open competitive exam is good moral character.'

The open competitive exam is good moral character.'

Precholder Vice-Chairman dem who is 18 years of ago of older, in excellent physical condition, has a valid NJ. driver \$1\text{in excellent physical condition, has a valid NJ. driver \$1\text{in excellent physical conditions, has a valid NJ. driver \$1\text{in excellent physical conditions} will be required to also pass an \$1\text{in excellent physical conditions} will be required to also pass an \$1\text{in excellent physical conditions} will be required to also pass an \$1\text{in excellent physical conditions} will be required to also pass an \$1\text{in excellent physical conditions} will be required to also pass an \$1\text{in excellent physical conditions} will be required to also pass and \$1\text{in excellent physical conditions} will be required to also pass and \$1\text{in excellent physical conditions} will be required to also pass and \$1\text{in excellent physical conditions} will be required to also pass and \$1\text{in excellent physical conditions} will be required to also pass and \$1\text{in excellent physical conditions} will be required to also pass and \$1\text{in excellent physical conditions} will be required to also pass and \$1\text{in excellent physical conditions} will be required to also pass and \$1\text{in excellent physical conditions} will be required to also pass and \$1\text{in excellent physical conditions} will be required to also pass and \$1\text{in excellent physical conditions} will be required to also pass and \$1\text{in excellent physical conditions} will be required to also pass and \$1\text{in excellent physical conditions} will be required to also pass and \$1\text{in excellent physical conditions} will be required to also pass and \$1\text{in excellent physical conditions} will be required to also pass and \$1\text{in excellent physical conditions} will be required to also pass and \$1\text{in excellent physical conditions} will be required to also pass

Plainfield Tenants Association awarded grant for recreation

The Housing Authority of Planifeld in conjunction with the Elm-West Tenants Association has been advised that the Association will be awarded a grant for a Resident Initiatives Program from HUD. The Elm-West Tenants Association is the resident association for Elm-wood Gardens, West End Gardens and Liberty Village.

dens, West End Gardens and Lib-erry Village.

The grant will consist of four components which will involve residents recreation training, se-curity training, child care and maintenance ranning. There is a very strong need for recreation in the neighborhood. Residents will be laught how to organize recre-ational programs for children. Residents will intuit football, beschall, field indust football, seement with recreational assis-tance. These events will teach children the skills gained from team sports and flocus their atten-team sports and flocus their atten-

The resident will also learn basics of maintenance and apartment painting and apartment tumover. They will also learn about making proposals to secure business.

Training in security and anti-drug tactics will also be part of the training program. They will learn how to formulate a resident partol and conduct min nights out to discourage drug dealers from coming into the neighbor-hood.

hood.

The basics of working in a child care center is part of the program. Child care centers are in need of employees and residents will learn employable skills. They will learn how a child care center is run so that if they choose to, they could organize one in the future or be part of a day care operation.

The residents have already attended one training session in Texas where they shared their ex-periences with other residents from around the country as to how they can improve their apartment complex.

State Police slated to hit Newark Streets

decision to deploy the moopers to Newark.

"Despite Newark's best ef-forts, drug related crimes con-tinue to plague our city, threaten our residents and undermine our or gioling renaissance. And, while our fight in this battle has been considerable, a great deal more must be done if we are to win the war," the Mayor stated.

He maintained, "With the additional resources of the New Jersey State Police and Essex County Sheriff's Department, our own well-trained department will be able to launch a three-proaged attack against the drug menace that is threatening the very fabric of our specifies."

attack against the drug menace that is threatening the very fabric of our society.

"Both the Municipal Council and I agree that the City will be able to address drug-related crime if the state assists us in a comprehensive approach to the problem," said James.

The Newark/State Police effort, known as the "Inner-City Drug Enforcement Assistance (IDEA) program is divided into three components, according to Newark Police Director Claude three Components, according to Newark Police Director Claude Coleman. They include patrol, investigative and community stabilization components.

Under the patrol propers and Newark police officers with policy officers w



STATE POLICE—Making the announcement of the state police coming to Newark in July are from left: Essex County Shariff Thomas D'Alessio, Mayor Sharpe James, Newark Police Director Claude Coleman, and Deputy Attorney General Peter Harvey. Peeb by Willes Boss. Only of Memb

Trial Lawyers advocate 'Freedom and Justice for All'

EDISON—Trial lawyers in New Jersey stand ready to go anywhere in the state during the Independence Day observance to describe the number one item in their mission: "To seek justice for

Tom Vesper, from Atlantic City, newly insugurated President of the 2,500-member Association of Trial Lawyers of America-New Jersey (ATLA-NJ), invitos any group wishing to know more about this equal justice mission, or the U.S. and N.J. Constitu-tional guarantees, to call the ATLA-NJ Speakers Bureau. The number is (201) 906-8444, and calls are received on business calls are received on business days between 9:30 a.m. and 4:30

Visepte went on to list other objectives for the ATLA-NJ membership mission, which included: To protect the constitutional right to trial by jury; To prevent serious injury and death from occurring; To champion the cause of those who deserve reduces for injury to person or properties of the control of the

10th National Veterans' Wheelchair Games attracts over 50 athletes

Over 500 wheelchair alluleus gathered at Tulane University in New Orleans in June 26-30 for the 10th National Vesterans Wheelchair Games. The largest wheelchair sports event in the United States, the Vesterans Wheelchair Games are sponsored by the Department of Vesterans Affairs (VA) and the Paralyzed Vesterans of America (PVA).

"These Games are a showcase for the remarkable athlietic abilities and personal achievements of urn attoin's disabled vesterans," said VA Secretary Edward J. Derwinski, Through VA recreation therapy programs, these vesterans come to realize that, with proper training and the help of

adaptive equipment, they can participate in sports they never thought possible when they were first injunct. This type of a second they have the property of t



John T. Jackson, along with six other members of the Thunder Wheelchair Sports Team, sponsored by the VA Medical Center in East Orange, competed in wheelchair events in New Orleans

CITY PEOPLE



INAUGURATION—Mayor Sharpe James prepares to take the oath of office for his second term as Newark's chief executive. Joining him are members of his family, from left: And Bruce, a cousin; Willie Mae Tallaferro, his sunt; Beulah James Fluker, his mother; Mary James, his wife, Kevin James, his son; Mayor James, and city clerk Robert Marasco.



re fighting



NEWARK—Six new members were elected to the board of directors for the Carter G. Woodson Foundation (I-r) Slobhan Teare, East Orange; Sharon McGahee, Newark; Penny Corum, West Orange; Shardnar Bedensets, Maplewood; Denee McKnight, Newark; and Antenor Adam, Fort



Rev. Nichols of Mt. Olive Baptist Church in Plainfield recently attended the 85th National Baptist Congress of Christian Education in Battimore. Rev. Nichols has been attending these meetings for the past four years.



East Orange resident Barbara Ismail (I), receives a gift from Karen Glover on behalf of the Carter G. Woodson Foundation, after being armed "Volunter of the Year" for her outstanding service during the OnStage in New



Newark resident Pete Bonavota (c.) helped the St. Peter's Prep outdoor track team to another successful season. Pete, a sond nor who is heading for New York University this fall, second the winning point at the HCIAA championship meat. The 1990 Prep team won their second-ever HCIAA championship retained. The 1990 in the season of the HCIAA championship the season of the HCIAA relays. Peter petuited with head coach Mike Burgess (1.) and assistant Aaron Conway (r.).

BROWN NAMED DISTRICT'S OUTSTANDING CITIZEN

Mayor Robert L. Brown, of Orange has been chosen to receive the Outstanding Citizen Award by the 'New Jersey State Federation of Colored Women's Clubs Inc.' Northwest District. Mrs. Gloris Holland, vice president of the Orange chapter, amounced, 'This year marks our 75th anniversary and will be celerated at our annual convention from July 13-16 at the Holday In in Bridgepont.' The Citizens' Awards Night and reception following will be held on Friday at 8 p.m. The public is invited.

IS IT IMPORTANT FOR YOU TO KNOW

YES

Is it important to know the positive accomplishments of African American men & women, boys & girls, religious, educational, social, civic and political leaders?

YES NO

Is it important for you to know the stores & companies that want African American business & want to hire African Americans?

YES NO

Is it important for you to know what is happening in your churches, schools, civic & social organizations, and city government and its agencies?

YE\$

NO

Is it important that your voice be heard in the community?

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FOR BEST NEWS STORY! Sam Hall, right, Manager Community Programs, Pepsi-Cola Company and Rita Griffin, Senior Managing Editor, "The Michigan Chronicle," admire award presented by the National Newspaper Publishers Association (NNPA) for a story written by Chronicle staff reporter, Michael Wilmberly. The award was presented during the recent 50th Annual Convention of the NNPA at the Chicago Hilton Hotel. Wimberly's story about questionable practices involved in selling large, white-owned properties to blacks was in competition with scores of original pieces from reporters on many of the 200 African American newspapers represented by the NNPA. Community Calendar

June 25-August 29
EDISON—A variety of spe-cially-designed educational, recreational and social skills group programs for children and secangers with developmental delays and special needs are being offered this summer through the Johnson Rehabilitation Institute of JFK Medical Center. To arrange an appointment or for arrange and appointment or arrange and arrange and appointment or arrange and arrange arrange and arrange arr e an appointment or for information call 201-548

Mon-Friday, July 9-13
CRANFORD—The fourth annual Summer Institute for Alcohol Studies will, open at Union County College's Cranford Campus. The Institute, sponsored by the Union County Council on Alcoholism and Other Drug Addictions, Inc., will deal with such careas as the black alcoholic/drug-addicted family, tobacco and chemical dependency, sexual addictions, HIV infection and alcoholiding comuseling, and the grief and loss that can accompany recovery.

Fri.-Sun. July 13-15
BRIDGEPORT—The New Jersey State Federation of Colored
Women's Clubs Inc. will cele-brate their 75th Anniversaly at
the Holiday Inn. On Friday the
District's Outstanding citizens
Awards will be given. On Satur-day the President's banque that
be held. On Sunday Commis-

sioner Melvin Primas will be the speaker for the evening. For ad-ditional information call (609) 394-9688.

Sunday, July 14
GREEN BROOK—The Green-brook Manor Nursing Home will sponsor the annual Pretty Baby Contest at 10 a.m. on their patio. Open to babies three years old an younger. Babies will be judged in five categories—pretitiest, happiest, most wide-eyed, best dressed and curliest hair. For more information call 968-5500.

Mondoxy, July 16
Spaulding for Children, the FREE adoption agency for older and disabled youngsters, needs loving adoptive purents. The Black Family Recruitment Office at St. John's Methodist Church, 230 Park Avenue, East Orange extends an invisition to the community to attend an Adoption Inquiry Meeting at 7:00 p.m. For further information call Spaulding for Children at 678-4975.

July 16-20
TOMS RIVER—The Ocean
County College Community Education Department will offer
Getting Ready for School (Ages
3-5) Monday through Friday from
10 to 11 a.m. Sounds, colors, liteerature and music will be some of
the methods used to help youing
students prepare for school. For
information call 201-255-0404.

TOMS RIVER—The Ocean County College Community Education Department will offer "Kids in the Kitchen" (Ages 8-15) is designed to present the latest in microwave cooking techniques achildren and teres. Classes meeting Monday through Friday, from 9 am to 12 noon. Call 201-255-0404.

Tuesday, July 17
CONVENT STATION
Women interested in entering or re-entering college are invited to learn about Tuesday College, as College of Saint Blian-based and the College of Saint Blian-based and afternoon three-credit course cach semester plus study skills, workshops, professional courseling and career development advice, No prerequisites or previous college experience are required. For more information, contact Doman Yamanis, Continuing Education director, at 292-6314.

RIVER-The TOMS RIVER—The Ocean County College Community Education Department will offer Starting a Bed & Breakfast From 7 to 9 p.m. Beverly Consover of Conover's Bay Head Inn will lead the seminar. For more information or to positive cell 255

Russell Bingham "Godfather of Newark" dies at age 91

Mourners were urged to celebrate the life of William Russell Bingham at his funeral services in Montaliat this week.
Russell Bingham a native of Bizabeth, N.J. was one of Newark's most popular and beloved clitizens for years. He was a "young 91" until very recently and a community and political activist all of his life.
Russell was a mover and shaker in Newark's Democratic Party circles, an organizer for political action primarily in the Central Ward and one of the leaders who began to move blacks into a variety of elected offices in the 1950s when the late Council-

man Irvine I. Turner became the first to break the color barrier on the Newark City Council.

The Rev. Fletcher Bryant, pastor of St. Marks United Methodist Church of Montclair set the tone of the day, remarking that the death of a man who lived to serve his fellows was a time for chicking in recalling his good.

to serve his fellows was a time for rejolicing in recalling his good deeds and great contributions to his community and the world. Especially visible among the mourners were former members of the Committee for a Unified (CPUN) Newark, young activists led by Imamu Amiri Baraka and a power house for political reform

in city hall.

As a signal of the high esteem As a signal of the high esteem Bingham enjoyed among his younger constituents Barska delivered the eulogy and former CFUN members served as pall bearers. They included Newark councilinen Raiph T. Grant, Jr., Donald Tucker and George Branch. Also Carl Gregory and Newark schools superintendent, Eugene S. Campbell.

Grant, Tucker and Branch also frough greetings from the council and citizens of Newark.

Tucker presented a city council Resolution to family members while Grant and Branch recalled his participation in several of the city's historic political events designed to bring permanent change to the body politic.

During the mourning period, Henry Robinson, a Bingham collegue in the suruggle to elect Irvine 1. Turner Central Ward councilman, recilled Bingham's personal sacrifices to "make the political experience meaningful for Black Newark."

In his remarks, Baraka called Bingham 'a man of experience, the additional medical courage. He said he is organizing a cele-

bration to highlight "the times and turmoils of Black Newarkers symbolized by Bingham" as a public gesture of gratitude for his devotion and leadership in the Pan-African movement." The affair will be held in Newark in October of this year. "Despite his middle-class background, the good life he lived and his age, Russell Bingham was not a BUP-PIE. He did not sell out Negroes as so many others have done since the 1970's," Barakia intoned

in a reflective observation. In the Committee for a Uni-fied Newark and throughput the state, Bingham was the group's treasured fatherly figure and wore

the African title of Baba Maturi (father/teacher) with pride.

In presenting the Obtuary, a grandson, Terry L. Miller, Sr. of 1970s until he passing Russell sayed active in the straugle where he was a leading force in adding the careers of many beautiful, talented, young Black men and women; he was a father figure and family member to all who sought his counsel and love, a gisant of a man who earmed the respect of all who worked with and knew him; a man who loved poo-ple.

ple.
"Russell was Baba. He was
the sweet lovable, easy going
(Continued on page 5)

On the Money

Due the Money

Big Victory For NABOB: The National Association of Black
Owned Broadcasters is colchoming a big victory set 6 Supreme Court
last week vocal (by a 5-4 margin) to allow the FCC to continue to give
certain enhancement credits to blacks and women in the market to
parchase radio and TV stations. These enhancement credits allow
white station owners to sell to blacks and females without having to
pay capital gains taxes for over two years. Thus, should a station
owner who purchased a station for 55 million that now valued at \$10
million, sell that station to a black, he would not have to pay taxes on
the capital gain of \$5 million for two and a half years, generating a
small fortune in interest alone. If sold to another white, the taxes are
due almost instantaneously. The decision came as a surprise to
NABOB executives, who had been concerned about the outcome. Their
only were we concerned, but we were affaid, because this Supreme
Court is a wery reactionary ... conservative court, "NABOB president
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Court is a wery reactionary ... conservative court," NABOB president
outly an experiment of black-owned ratio increase the number of black-owned ratio in the business of helping to increase the
number of black-owned ratio in the profit margins. The
first black radio stations was purchased for as little as \$100,000 or less,
depending on the market that it's not. Buying a radio station is like
buying any other business Sherrell explains. "You've got to have 40%
capity dollars and to present a parkage that is attractive to a lender.
Radio stati

NatWest NJ Community Investment

ECONOMY CHECKING: Now you can get a Checking Account with low maintenance fee of \$2 per month and no per check charges for our first five checks. And you'll also enjoy full ATM and Bank by Phone

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& National Westminster Bank NJ

Police exam

Assentlyman and Freeholder Neil M. Colten (D-Union) explained. The position has been announced in the July 1990 bulletin issued by the N. J. State Department of Personnel. Interested persons can get applications for the exam from area libraries, post offices or directly from the N.J. Department of Personnel.

"Union County is an Equal

Police exam

(Continued from page 1)

extensive background investigation and a thorough medical and
special methods and the policians
swimming ability will also be
tested, "noted Weish.

Assemblyman and Freeholder
Neil M. Cohen (D-Union) explained. "The position has been announced in the July 1990 bulletin issued by the N. J. State Deparament of Personnel. Interested
persons can get applications for

"Losting to the Cohen of the Cohen of the State of this exam opportunity to all of
the news media in the County and
awar requested public service announcement on local radio and
T. Stations.

Frecholder Walter McLood

members to aid us in publicizing the exam."

County Manager Ann Baran explained that, "The County Police will also have applications available at their headquarters at 800 North Avenue East, West-800 North Avenue East. West-field and at the information desk of the Union County Administra-tion Building on Elizabethown Plaza in Elizabeth."

"The Union County Police are amportant facet of the County's service to residents in that they patrol the County's extensive park

lands and County owned proper-ties, provide assistance and pro-tection to persons and enforce state and County laws and ordi-nances," explained Freeholder Joe

nances, explained Prennue 2005.
Sulga.
According to Freeholder
Elmer Erd, Finance Chairman,
"The starting base salary for
Union County Police offices is
\$24,481 annually plus benefits."
Freeholder Casimir Kowalczyk noted that, "The last date for
filing applications with the XI.
Department of Personnel for the
current listing is July 21, 1990."

State Police hits Newark

(Continued from page 1)

trooper sergeant and assigned to monitor and take the necessary enforcement action at pre-se-lected "known drug locations," Coleman explained. The second prong of the program, he continued, involves a They and bust" operation combining the forces of Newark Naticules Bureau and state police detectives in an undercover operation aimed as identifying and artistic and the properties of the program of the program

August and will be aimed at sirving drug dealers out of a spanife neighborhood and giving control back to the community.

As part of this last component known as "Operation 'Homested," Newark police offices will establish a community-based pairol unit in an apartment house or housing complex to serve a cluster of the houtest drug spots in the city, Coleman noted.

ation aimed at identifying and ar-resting drug dealers.

Approximately 70 taw en-forcement officials will be de-lization component will begin in

from the City and State and four from the Sheriff's office.

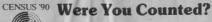
Harvey, who represented the Attorney General's office, noted, "The troopers are not being sent to make sweeping drug arrests, but rather to add a presence and to assist the Newark Police Department."

"Drug abuse and drug-related crime is not an isolated problem, cities and towns across the coun-try and around the globe are en-gaged in the battle on a daily ba-sis," said James. "These problems

transcend our urban boundaries, thus it makes good sense for the state and county law enforcement bodies to help us combat them.

Sheriff D'Alessio noted, For years there has been a strong working relationship between the Newark Police Department and the Essex County Sheriff's Burean of Narroties. I welcome the new involvement of the New Jersey State Police as a supplement to our ongoing enforcement efforts. We stand ready to cooperate by providing any resources that are necessary.

n a business of the week while



were NOT counted, please fill out the form below and mai it IMMEDIATELY to:							

 I have checked with the men that one (or more) of us was No On April 1, 1990, I lived at (F) 	nbers of my household, and I believe OT counted in the 1990 census. PLEASE PRINT!	PLEASE INCLUDE All family members and other relatives fiving here, including and bables. All lodgers, boarders, roommates, and other persons living		
	April 1997 Control of the Control of			
(House number)	(Street or road/Rural route and box number)	All persons who usually live here but are temporarily away of trip, on vacation, or in a general hospital.		
	The state of the s	All persons with a home elsewhere but who stay here most working or attending college.		
(Apartment number or location)	BOTH BOTH STORY	Anyone staying or visiting here who had go other home.		
(City)	(State)	All persons in the Armed Forces who live here. All children in boarding schools below the college level.		
(County or foreign country)	(ZIP Code)	DO NOT INCLUDE Any college student who lives somewhere else while attendi		
This address is located between	een(Street, road, etc.)	Any person away from here in the Armed Forces or in an in a nursing home, mental hospital, or prison.		
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	I am listing all person household on April I staying or visiting here home. Please list on line 1 member who owns, is home. (PLEASE PRII	, 1990, and those who had NO other the household buying, or rents the	Middle	How is this person related to the person on line 1? For example: Husband/wife Son/daughter Father/mother Grandchild Mother-in-law Roorner/border Housematie/ _roommale Unimarried pather Other nonelative	Male or Female Mor F	What is the race of this person? (Post name of one googs) White Black or New 20 Man 20	When was this person born?	le this person — Now married? Widowed? Divocced? Separated? Never married?	Is this person of Spanish / Hispanic origin? No = sot Spanish / Hispanic Yes = Prot one of the Schowing groups. Mexican, Mexican Am., Chicano Pawto Rican Chicano Pawto Rican Chicano Pawto Rican Chicano Chi
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NOTICE — For the next 72 years, or until April 2062, oily secon Cer (Title 13, United States Code) that protects the confidentiality of your ar-state 3 minutes to complete, including the time for reviewing the instruc-Weshington, DC 20233, Atm. CER 90 and to the Office of Manageme

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COMMENTARY

EDITORIAL

Florio: tough kid, tough governor, tough decisions

New Jersey's governor Jim Flotio who grew up on the streets of Brooklyn, dropped out of high school and later completed his G.E.D. and subsequently his law/degree, is showing New Jersey what tough kids are made of. Rather, than run or hide from the budget problems that face the state the governor tackled some thorny issues head on. In fact the push by the governor for a better school aid funding formula has created hints of a recall from many who feel the governor has gone too far.

Certainly the high cost of living is placing extreme burdens on all of New Jersey, however, the message is clear from corporate America--if we are to keep and create jobs in New Jersey, we must improve the quality of education for the vast majority of urban youngsters who are not educationally

We commend the governor for his courage and taking this boild move. We believe he is holding true to a pledge to make substantive changes in the way we educate New Jersey children. Many of us should recognize that we must do something different if we are to build an economy for the state to sustain a bright

We totally agree with the critics who say throwing more money at the problem will not improve achievement. Equalizing the per pupil expenditure will not, we repeat, will not increase the achievement of youngsters in urban school districts. We can compare many schools where the nominal elements available have made little difference in real achievement. The way America's educational system is organized undermines the needs of children and families and society in general.

America has sent a man to the moon, the Berlin Wall has tumbled, the communist are talking and trying to implement systems of free enterprise, and communist dictatorships have fallen all over the world. Surely in a world of such dramatic changes all Americans must prepare for change to better compete in the world economy. Unfortunately, our leadership for the most part has not acted to create systemic changes that are needed especially within our system of education.

While Governor Florio's move is necessary, it is not sufficient to change the way our children are educated. The new commissioner of education needs to draw on a community of educators who can help shape the future of education. Many of the educators who have been buried in the system over the last twenty to thirty years may not be able to see the forest for the trees.

Educators outside of the traditional system should be offered a chance to provide a perspective of what can be done to create a spirit of achievement within the urban schools.

Quote of the Week

"My concern is that you and I be prepared to liv in the highly competitive world in which we will find ourselves as the walls of segregation come tumbling down... Will we remember that our apparent security is dependent upon the degree of security enjoyed by all citizens of this country and the world, and thus concern ourselves with foreign affairs, world disarmament, or the plight of the deprived at home, in South America, Asia, and the

> Sadie T.M. Alexander, Founders Day Address at Spelman College, Atlanta, Georgia, 1963



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his lips

Sharon Khadijah

When President George Bush finally told the truth to the American people (a definite no-American people (a definite no-no among politicians), it was hardly a shock or unexpected. When he uttered his infamous lines about reading his lips "no new taxes," the word which he probably uttered under his breath after those words were spoken was "suckers."

was 'suckeng, was 'suckeng, the beauting of the record budget deficit and the projected cost of the balling out of the falling sav-ings and loans, he now feels that there will have to be an increase in tax revenues. No kidding? Of course the burden of paying for Ronald Reagan's blank check, or his deregulation efforts — which accounted for 10 years of total unaccountability by the savings and loans — will be the American loxpayers.

The full realization and affectives of the Reagan administration are just beginning to be felt. Apparently, some of the Reagan and Bush economic advisors who keys saying that the economy will grow itself out of the budges deficit, could be given an award for pulling the biggest joke on the American people. More revenue is needed to pay the interest on the national doth—Goorge Bush knew that! But his advisors also

The political strategy team of the BushQuayle campaign were successful in making the flag issue and Wilhie Horton (yealt, remember him?) the main issues in the campaigns. The sixty second sound bites were cleverly used as commercials extidling the American flag and partitions; the knew that telling the truth to the American public would not get him elected (reminders of Walter Mondale flicker across my memory).

so, while the reactines of the several property of the

While this was occurring, along with the not-so-subtle appeals to mersm by portraying Michael Dukakis as a man who would be too weak to protect white women from the likes of a Willie Horton, the 'bread and butter' issues were tossed aside. It's easy for a politician to slide by, because utilimately, it seems, that all you need do is appeal to the prejudices and fears of people or tell people what they want to hear—whether it is true or not—and you're a sure winner.

Therefore, I really believe that the ultimate blame rests not with the politicians, but it rests with the American public. As opposed

ourselves to be manipulated by slick media hype and well or-testrated public relations campaigns. Even now, a lot of people state, "well I didn't really believe Bush was telling the truth." Then, why would you go to vote for someone you had already acknowledged was a liar? Why knowledged was a liar? Why knowledged was a liar? Why showled the control of the state of t

Some of the people who will be directly affected by tax in-creases on a number of items, didn't even bother to go and vote. Politicians also benefit from this

Politicians also benefit from this type of apathy. They go after a certain "target" vote or constituency, and they "know they will win. As opposed to serving the needs of the masses of the people, they focus only in on certain groups. While this has lead to totally ignoring key social and economic problems which face our society, if is useless to complain unless you're going to work on being part of the solution.

Scrutinizing was always at all.

tion.

Scrutinizing your elected official votes is paramount. It's use-less to liston to their rhetoric eless to liston to their rhetoric eless to liston to their rhetoric decds, President Bush can spice and the cares about the environment, child care, civil rights, etc., alcid care, etc., alcid

countable for, Continuing to tax the poor and middle class in dis-proportion to the rich, is while would want to examine. If you push for a reduction in capital gains taxes for the rich, while supporting increased taxes for items which the everyday work-ing man and woman has to pay for, tells the real story,

We will be lied to time and time again, unless we, as the electorate, begin to take concrete action. Before the next elections in November take place, you need to begin to investigate the records of the candidates now. Don't wait to, be bombarded with hundreds of political pieces besigning you in the mail or on your doorstep right before the election. Instead, attend some council meetings, board meetings, etc., and see for yourself what some of these politicians are doing, and how they are acting. If a really an eye opener when you witness their actions in person. If it's a new person running for political offee, seed out background information on the individual. Contact the candidate, question them mation on the individual. Consact the candidate, question them about their views and opinions. Maybe you might even want to invite some neighbors and friends over your house and ask the cam-didate(s) to ome. Smaller type settings are fisually more con-ductive to allowing for a more open exchange of views and ideas.

Whatever you decide to do, it's critical that you don't pro-crastinate in doing it. Preferably, we shouldn't have to read any politician's lips, or suffer with them through their bouts of amnesia. If you vojec your opinions loud and clear, of course, we should expect nothing less from them.

Rinaldo backs FBI data gathering on hate crimes

WASHINGTON, DC Res. Matthew 1.º Rinaldo (R-NJ) has asked Attorney General Richard Thomburgh to give priority fo assisting local law enforcement agencies with the current on-slaught of urban crime, including violent street gangs and the rising incidence of attacks on racial and ethnic minorities.

violent street gangs and the rising incidence of attacks on racial and ethnic minorities.

The New Jersey lawmaker said hate groups such as the so-called "Stuhendard" as well as teenage street gangs are spreading of the individuals who are organizing violence and hate is defeating the ability of local law enforcement agencies to track their movements, Rinaldo said.

Law enforcement information systems are already over-whelmed, he said. Every day, almost a million requests for information are processed by the Federal Bureau of Investigation's National Crime Information Stational Crime Information Stational Crime Information Stational Crime Information Stational Crime Information are processed by the Federal Bureau of Investigation's National Crime Information Stational Crime Information are processed by the Federal Bureau of Investigation's National Crime Information are processed by the Federal Bureau for Information Stational Crime Information are processed by the Federal Bureau of Investigation's National Crime Information are processed by the Federal Bureau of Investigation's National Crime Information are processed by the Federal Bureau of Investigation's National Crime Information are processed by Incal police, and over

130,000 persons wanted for crimes, Runaldo said.

The work load is overloading the National Crime Information Center's 20-year-old computer system, Rinaldo said. Last year, the NCIC helped to track over \$1 billion in stolen property. But as the crime rate increases, the demands on the system from 16,000 law enforcement agencies threaten to create computer grid-lock.

lock.
Rinaldo told the attorney general he supports a \$17 million funding request to modernize the PBIs National Crime Information Center. Rinaldo said information or violent incidents would help in prosecuting offenders and in motivation of the property of the property

hate groups.
"Currently, we have no reliable national statistics or inforable national statistics or infor-mation to judge the extent of these crimes and the need for

Justice Department officials proviously unconced that they will begin an investigation into the growing number of bate critices committed by "skinhead gauges" in the South, Southwest and West. Skinhead gauge have been linked to at least three murders, robberies, numerous beatings, assaults and vandalism.

The New Jersey Congressman said that gathering data on such crimes would enable police and community organizations to take

"The earlier we can make people aware of a potential prob-lem, the better," Rinaldo said. "If we can determine the patterns of such brutal crimes, we can begin to look to the causes and deal with the circumstances that breed

violence."

Only a few organizations, such as the Anti-Defamation League of Bnai Brith, currently gather statistics on hate crimes against ethnic groups. New Jersey is one of eight states that has implemented a program of gathering

such statistics.

In order for the Justice Department to collect and analyze the data on a regular basis, Rinaldo said that the National Crime Information Center's 20-yeard computer system to handle the avalanche of requests for information should be a top priority of the Department of Justice," Rinaldo said.

Officials have asked for \$17 million to implement the first phase of a five-year modernization program. The money would come out of a fund created by the seizure of assets seized from persons convicted of federal crimes.

Rinaldo said, "The crime in-formation center is a critical tool formation center is a critical tool formation center is a critical tool formation center is a critical tool

mando sad, The crime in-formation center is a critical tool for police officers' safety, as im-portant as a bulletproof vest or sidearm. A quick response from the FBI's information center can alert a police officer that he is dealing with someone who is a violent offender."

20th Larson/ Brown Track Meet slated for July 21

Applications are now being accepted for the twentieth annual Larson/Brown Track and Field meet. The meet will be held on July 21, 1990 at 9:30 a.m. at the Hub Stine Field on Randolph Road in Plainfield, New Jersey.

Application deadline is 101/16/16/19/00 Application fee

Pieul of Nanoojin Nosa in Platifield, New Jersey.

Application deadline is July 16, 1990. Application to establish is 53.00 per person, per event. The meet is open to male and female athletes in age groups 9-11, 12-14, 13-18 and adults 19-0ver. The meet is sanctioned by the athletic congress (TAC). The meet is syonsored by the Plainfield Division of Recreation and Larson Financial Resources. For further information, contact Margo Larson (201) 581-10266 or 561-10275, or the Plainfield Division of Recreation (201) 753-3097.

Freeholders announce training in EEO/AA for County employees

The Union County Board of Freeholders held a press conference at the County Administration Building in Elizabeth to announce that beginning later this mooth, the County would begin training for all employees in awareness of Equal Employment opportunity (EEO) and Affirmative Action (AA).

On hand for the announcement were several members of

On hand for the announce-ment were several members of the Board of Freeholders, County Manager Ann Baran and Nadine Reidy of the New Jersey State Department of Personnel which will be conducting the training. "EBO and AA have been a concern since the Civil Rightis Act of 1964," said Freeholder Chairman Gerald Green. While conductions of the County of the conduction of the County of the members of the Act's protected

been given to the minority once they enter the workplace," he

continued.

County Manager Ann Baran noted that, "The fact that we are conducting such training for all employees sets a tone for Union County that the Freeholder Board

In February of 1989, both In February of 1989, both Chairman Green and Assemblyman and Freeholder Nell M. Cohen (I)-21 Union) were coopensors of a resolution "...authorizing and directing the County Manager to determine and establish the availability and cost of implementing..." a program through which all employees would gain a better understanding of EEO and AA.

It is our (the Freeholder

Board's) position that EEO and AA do not stop at the door of the AA do not stop at the door of uncorporatization," stated Freeholder Cohen. "The growing racial, cultural and ethnic diversity of he American population in general make it necessary for managers and administrators to be come sensitive to this diversity."

For the assent the County

sensitive to this diversity. The that reason, the County will begin training department heads, division heads and bureau chiefs when the program begins. This approach is in keeping with the proposal of the County's advisory board on the Status of Minorities according to Ms. Mary Chappell, advisory board Chairperson. Twe want all employes to know their rights under these regulations and are happy to see that all employes will now be receiving proper training," said Ms. Chappell.

RELIGION

Family matriarch Mrs. Carrie L. Allen Nesbitt passes away

The death of Mrs. Carrie L. Allen Nesbitt of Elizabeth last week, ended more than fifty sears of community service and involvement in the city's professional and social life.

Mrs. Nesbitt was the matriarch of the well known family of funeral directors who own and operate the Nesbitt Funeral Home on Madison Ave. where they first established the family business in 1932.

children.

Carrie Nesbitt was more than a professional. She was an institution and extended her involvement to many levels of activities. An elder and a member of the sonior choir and the Women's Assn. of the Siloam Hope Presbyterian Church, she was also a member of the Presbyterian Women. Her professional memberships include the Garden State Funeral Directors Assn. and the National Council of Negro Women.

She was a life member of the

his influence throughout local community, business and political

community, business and political ventures.

When Marrow moved to Newark after his retirement, Russell came along and in a short time increased his political activities and great organizing skills to become a power house in local politics.

Schurdoy, July 14
PLAINFIELD—Cantoris Plainfield's community Boychoir, will hold the second of its series of Summer Car Washes' at Grace Episcopal Churchi, West Seventh Street and Cleveland Avenue between 9:20 a.m. and 4 p.m. Hotdogs, hamburgers, ice cream, soda and potato chips will be on said: "Proceeds will be used to help fund the hori's first recording to be made in October.

Schurdoy, July 27
EAST ORANGE—The Park Avenue Christian Church Senior Choir and the Scholarship Committee Are Sponsoring an International Cultural and Art Exhibit on the Control Of Park Avenue to nhe Control Of Park Avenue to Pp. 17th Street from 12 p.m to 6 p.m. All types of arts and crists will be displayed. Spaces are available for \$25.5 If you are available for \$25.5 If you are available for \$25.5 If you are all 672-806, 374-0514 or after 7 p.m. call 679-7819.

interest in the Twelve and One Bridge Club of Northern New Jersey, the Urban League Guild of Union County and the North Leaf Tennis Club For many years she served as a trustee for the Elizabeth Public Library and was a member of the board of directors of the Elizabeth YUCA.

In 1974 she was named Business Woman of the Year by the National Assn. of Negro Business & Professional Women's Club of NAACP and maintained an active

grandchildren, Terry, Russell, Tanja D., Edward L. and Delores S. Miller, all of Connecticut; two nephews Raymond F. Grandy and Walter I. Ray, Jr., a devoted niece

Union County, one of numerous awards she received in her 50 years of residency in the county. A native of Danville, Va., she lived in Montchair and East Orlange before moving to Elizabeth. She died in the Cranford Extended Care Center where she was hosphalized after a series of falls in her home.

Functal arrangements were by

the function of the form of the function of th

Belma Houston and numerous other relatives and friends. He was interred at Rosedal Cemetery, Orange.

Food for your summer

BURGET ITO

SWWARK, NJ.—"Hunger does
not take a vacation," says Sister
Beatrice Ryan, Executive Direct
or of SHARE-New Jersey,
announcing that the statewide food
program will continue on its usual
monthly schedule throughout the
program will continue on its usual
monthly schedule throughout the
summer. "Individuals and families may have different diets durlies may have different diets durlies but their needs for good, fresh
food on a tight budget are the
same throughout the year."

SHARE offers participants a
30 to 35 pound food unit for \$13
30 to 35 pound food unit for \$13
and two hours of monthly community service. The package has

a retail value of \$30 to 35 and in-cludes fresh food from the four major food groups. There are no eligibility requirements to partici-

cignointy requirements to partnerpate.

SHARE has over 275 host organizations throughout New Jersey with over 15,000 participants. Founded in New Jersey five years ago, SHARE-USA has 18 SHARE affiliates throughout the

Country.
For further information about SHARE and the name of a host organization closest to you, please contact Janette Carroll or Beatrice Jones, SHARE Host Developers at 201-344-2400.

budget from SHARE

Alcohol & Drug educational seminar at Zarephath

in Indiana with a master's degree and twelve years of teaching experience in elementary and secondary levels: She has taken health counselor. Lectures with the secondary levels: She has taken health counselor. Lectures with films and opportunities to review available of the secondary levels with films ward opportunities to review available. The secondary levels was a secondary levels with the secondary levels with the secondary levels was a secondary levels was

Zarephath is two miles from Exit 7 of Interstate Rt. 287, be-tween South Bound brook and Manville.

Muhlenberg breaks ground

PLAINFIELD — Ground will be broken Friday, July 13, for a new \$3.2 million Cardiac Catheracture. An advantage of the program of the place adjoining the Emergency Department entrance of the hospital on Marion and Moffett Avenues. Construction of the single-story building is expected to be finished by the end of the year. Approval of the facility has been granted by the salte Department of Health.

Heart disease in the number one killer in America and one of the diagnostic tools available to account of the salter of the control of the control

blockages of the heart and arteries leading to the heart are shown on a television screen. Using this procedure, the eardiclogist can determine if open heart surgery or other methods of treatment such as medication, is warranted. Establishment of this Regional service at Muhienberg will provide state-of-the-art cardiac diagnostic services to residents of the greater Plainfield area who are currently transferred to other hospitals for this service.

Godfather of Newark (Conti

Company of the 369th Infantry, served with distinction in France where he was wounded in battle and shared honors with his Company when they received the "Corps De Guere." He was honorably discharged in 1920.

Godfather of Newark and a leader of the Bingham family." More than 50 Binghams gathered for the celebration.

Musical interludes were offered by soloist Phyllis Scott of Montelair, accompanied by another old family friend, Henry Scott, organist of Bethany Baptist Church, Newas another side to Russell Bingham before intense Black nationalism changed his life.

As a young man he joined his

father's landscaping business where he succeeded as a stellar salesman and technician. In 1917 he enlisted in the Army as a combat soldier in

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orably discharged in 1920.

By profession, he was a "mechanical densist," having completed a course student in dental prosthesis at Columbia University, During hisyware in New York he and other veterans became aware of the racial injustices against Blacks in Harlem who were discriminated against in hiring by local merchants and many nightcluss of the era. That was the beginning of his aware-

Plainfield Community Church An independent church
practicing Christian Science
Sunday Service 11:00 AM
Sunday School 11:00 AM
Wednesday Healing Meeting . 8:15 PM Nursery Available

Mount Glive Baptist Church

	Sanday School9:30 a.s
	Sa. day Worship
	Frayer Meeting - Wednesday 8:00 p
ı	Bible Class - Wednesday
ı	High Noon Prayer - Saturday
ı	General Bible Class12:00 NOON Saturds

Church of God and Saints in Christ 1301 West Front Street Plainfield, NJ 07060 (Corner of Clinton & Front)

First United Methodist Church Plainfield, NJ Dr. Charles W. Miller, Jr., Paster

Sunday School - 9:15 a.m

We would like to point out that our subscription rate for home delivery is \$25. Please use the form on page 2 when ordering your paper.

ness that organizing blacks for community action would be a lifelong dedication. If the community action would be a lifelong dedication. If the community action were the close to create the late tabel Early, be bought with him dedies to create a better and fairer world for his Black fellows. His zeal to carve out a better life for young people in his com-munity heightened with the birth of his daughter, the late Delores Elies Bingham. A firm believer in black eco-nomic liberation, in the late 1920's he joined with t The rest is history. He leaves to remember his passing, a devoted sister, Mrs. Corina MeAllister (with whom he spent the last year of his life.) two grandsons, Edward L. Jr. and Terry L. Miller; two grand daughters-in-law, Sigrid and Surveme W. Miller; five great RELIGIOUS EVENTS

(Corner of Clinton & Front) 201-463-3069 Pastor Charles David Nelson

Phone: 756-2684

Sunday Worship Service - 10:30 a. m.

A three-day workshop semi-nar in the field of alcohol/drug education is being held on the campus of Zarephath Bible Semi-nary, Weston Causal Rosd, in the Zarephath Section of Franklin Township, Tuesday through Thursday, July 17-19. This event is open to the public, with particular interest to teachers, youth workers, nurses, substance abuse counseliors, baw enforcement personnel, parents, and any concrened citizen. Sessions will be held in the air-conditioned Arthur K. White Library Building and Christian Counseling Center.

Eighteen to twenty hours of

Big brothers/sisters offers new 'Time-Saver" program

For men 21 and older who would like to volunteer and make a positive difference in the life of a boy, but who don't have a lot of spare time, Big Brothers/Big Sisters of Somerset County has part of the Time-Saver Program a man early of the Time-Saver Program a man end of a mala role model or additional support.

"We have developed the Big Brother Time-Saver Program in a man end of a mala role model or additional support.
"We have developed the Big Brother Time-Saver Program in sepanse to the changing face of volunteerism," said Jennifer Seamans, executive director. "We are finding that people want to volunteer and make a difference in the world, but that they cannot make the program in the world, but that they cannot make the program in the world, but that they cannot many boys waiting for Big Brothers, we are forced to look at new ways to serve the children's needs," she said. "The Time-Saver Program requires half of the time commitment as our Traditional Big Brother Program."

Saver Program requires nail of the time commitment as our Tra-ditional Big Brother Program." Big Brothers/Big Sisters uniquely serves children from single-parent families by match-ing each with a carefully screened adult volunteer. By creating these special one-on-one relationships,

Big Brothers/Big Sisters of Som-erset County helps children de-velop self-esteem and positive at-titudes.

"Currently we have 34 boys waiting for a Big Brother volunteer," said Ms. Seamans. "Unfortunately some of these boys have waited more than two years," she said. "It is important to us, therefore, to get many more men interested in becoming a Big

men interested in becoming a log Brother."

The Big Brother Time-Saver Program will require that the volunteer augment the eight to ten hours a mouth be spends with his "Little" with weekly phone consistent of the volunteer are crucial to the success of the match, and the spends of the match, and the consistent reliable contact that the volunteer has with the consistent, reliable contact that the volunteer has with the child that makes the difference, she said.

As with the Traditional Program, all matches between children and Time-Saver volunteers will be carefully supervised and monitored by a professional caseworker.

For information about volun-

For information about volun-teering for Big Brothers/Big Sis-ters call 722-3630.

CITY FIT

New treatment for prostate cancer

Over 100,000 men in the United States will get prostate cancer in the next year. Next 25,000 will die of it. So far, treatment for this disease has required surgery or hormonal therapy, both of which have psychological and/or physical side effects and both result in a loss of sexual function.

Researchers have reconful de-

taken orally, has minimal side effects, requires no surgery, and probably doesn't cause a loss of sexual function. The East Orange VA Medical Center, in conjunction with several universities and centers such as the University of Chicago, the M.D. Anderson Cancer Center, and the University

national clinical trial of this promising medication and is inviting veterans with advanced prostate cancer to participate.

Dr. Basil Kasimis, Chief of Hematology/Oncology at the East Orange VA Medical Center explains, "In terms of prostate cancer, this is the best thing going."

effects, and probably no loss of sexual function. In the studies we've already conducted, this treatment has been very effective and we are now conducting a na-tional randomized control trial to the tradical methods of cestra-tion. Dr. Kasimis and his staff in a working with Dr. R. Irini, Chief of Urology, and his staff in

the evaluation of this medication. If you're interested in participating in this clinical trial you must have advanced prostate cancer that has spread to either the lymph glands or bones. Other than this you should be in good physical shape and cannot have had chemotherapy or hormonal therapy. If you have had radiation therapy if you have had radiation therapy you may still be eligible

for the study providing you meet the other criteria. All tests and medical supervision are provided at no cost to participants.

For more information, please call the East Orange VA Medical Center at (201) 676-1000 extension 1544 or 1406 and ask for

Mayor James receives 'Pedals of Hope" award from Cancer Society

Officials from the American Cancer Society (ACS), Essex County Unit recently presented the "Mayor's Cup" trophy from their 1990 "Pedals of Hope Bike

tion officials, the bike tour brought in approximately \$25,000. Of that amount, ACS

\$22,000. Of that amount, ACS organizers noted that Mayor James and the City of Newark mised over \$3,000 to benefit the Cancer Society of Essex County. Joan McIntyre, executive director of the Essex County ACS, applauded Mayor James and the various Newark government de-partments for their commitment to the fundatising project. She to the fundraising project. She said, "The money from the event will go to assist the American Cancer Society in its program of the outstanding assistance of Mayor James and the City of Newark in making this year's Pedals of Hope Bike Tour' a

Pedals of Hope Bike Tour a great success."

Mayor James said he was happy to participate "in such a worthwhile cause it is graifying unarcipality in Essex County for the second straight year, but we are helping to stop a killer that claims all too many lives each year."

The Mayor's City Hall fundraising efforts were led by two conscientious and dedicated workers: Kenneth Collins, senior records retrieval operator in the

Clerk's Office, and Donald gineering Department. The municipal employees not only raised hundreds of dollars in pledges and donations, but they rode in the blike tour, as well.

McIntyre said that even though the bike tour is over, concerned clitzens can still give to the Cancer Society and help fight this deadly disease. For those interested in donaterial contents of the cancer Society and help fight this deadly disease.

For those interested in donating to the Essex County Unit of the American Cancer Society, please contact the local office at: 767 Northfield Avenue, West Orange, New Jersey 07052. Or by calling (201-736-7770)

Heart disease is leading cause of death among women

There is a clear association between heart disease and certain diets: Those that are high in satu-rated fats can create plaque build-up in the arteries, slowing circu-lation and increasing the chance

A word of caution as to food labeling in the supermarket. Peanut butter tagged "no cholesterol" is misleading because this product is always full of fat. Canned products are usually loaded with salt so they should be avoided; a high intake of salt can

-cause or aggravate hypertension. Use spices instead of salt.

Obesty is an important risk factor, If the additional 'risks' of diabetes, hypertension and elevated cholesterol are also present, deting will help all four conditions. As pounds melt off, blood pressure, sugar and cholesterol levels will fall.

After age 50. when

After age 50, when most women go into menopause and their production of the hormone estrogen is less, the likelihood of heart disease in both sexes evens out. Until that age, women have a

New program offers hope to chronic fatigue syndrome patients

Total care for patients with chronic fatigue syndrome-a designation of the care of the car

Medical School, Newark.

Chronic faitgue syndrome, which usually strikes individuals in the 20 to 55 range, causes severe, unremitting faitgue accompanied by problems in memory and concentration.

Dr. Natesloon describes it as a "puzzling" condition. He said this is partly because patients often appear healthy, causing both their families and doctors to conclude that there's not much wrong with them.

indicators, the physician said, in-cluding: fatigue; abnormal results on immunological testing; de-pression; and muscle and joint pain.

pann.

He said his patients, which already number about 100, are
mostly women aged 25 to 55. The
rest are adult men and a few
teenagers.

Dr. Sheela Jain, a Center
physiarist-specialist in rehabilitation medicine-said that the goal
is not necessarily to cure the
discussed but to build endurance and
strength in patients by teaching
them relaxation techniques and
gentle exercises.

Dr. Jain assistant professor

genile oxercies.

Dr. Jahn, assistant professor for clinical physical medicine and rehabilitation at UMDN1-Rew Jersey Medical School, said that many of the chronic latigue opportunity of the last three months are so drained that they cannot spend more than 10 minutes out of bed every few hours.

She said that many patients have endured this syndrome for pears and are struggling, with varying degrees of success, to keep households going with the help of spouses or home health aides.

Others on the Center staff in

sort of "grace period."

While women tend to get heart disease 10 years later than their male counterparts, it is still the leading cause of death amough women in the United States. Of the 520,000 beart-attack death yearly, nearly half of the victims are women. Heart and blood vessel diseases combined kill twice as many women as cancer.

as many women as cancer -nearly 500,000 a year.

Moreover, mortality from
cardiovascular disease is twice as
high in black women as in white

high in black women as in white women. Studies have shown that the women as the studies have shown that the lack of focus on women as potential cardiac patients can mean that when disease is present, it lends to go undiagnosed until much later in life, making recovery more uncertain.

The causes of heart disease are much the same for both sexes. Smaking, obesity and uncoptrolled hypertension increase the likelihood of beart disease, and heart statacks.

Despite the controversy over cholesterol, the amount of this bubbance in the blood is also an important factor in heart disease, and the state of the state of



Mayor Sharpe James is presented with the "Mayor's Cup," by Joan McIntyre, director of the American Cancer Soclety (ACS), Essex County Unlit, for raising the most money in the county during the ACS 1990 "Pedals of Hope Bike Tour," a 30-mile ride through Essex County. Kenneth Collins of the City Clerk's Office, third from the left, rode in the event and was the City's top fundraiser. Bill Fitzpatrick of Livingston's Saint Barnabas Medical Center, second from the left, was the number one, overall money raiser. Other riders were (left to right): Larry Waddeli, Scott Wielt and Donald Farkas, all of the Newark Engineering Department.



CITY LIFE

Loretta Devine headlines show at Montclair State College

equity theater in residence at Montclair State College launched

Monclair State College launched the annual summer series with Godspell, last month but it is the present offering of Lady Day at Emerson's Bar Grill that is drawing appreciable crowds.

Talented and vivacious. Talented and vivacious through the CBS comedy series Sugar And Spice brings a special interpretation to Lady Day which will be on campus through Pluy 15th.

Talented and Day's which will be on campus through Pluy 15th.

Talented Talents and Talented Talents about the CBS and Day's primarily a two-claracter musical dramss about

one of the late Billie Holiday's "comebacks" after being jailed for drug addiction, Ms. Devine shares the spotlight with Rahn Coleman, a musical director and arranger for such groups as The Temptations, Barry White's Love Unlimited. Orchestra, Aretha Franklin, Tima Tumer, The O'Jays, Sarah Vaughan, Tom Jones and the like. If you like musicals with a dramatic touch, Lady Day is the summer doldrums and much more entertaining than television and the movies.

For openers, Loretta Devine, who was a smash in the hit musical Dreemghe's in its Broadway Lady Day with but and sensitivity and definitely puts her personal stamp on the one-act play.

Her voice is particularly suited to the plannite Hollady style we know so well as she wails through classic standards like God Bless The Child, What A Little Moonlight Can Do, Strange Fruit And Easy Livin'.

Under the direction of Will Roberson who has been affiliated

with the San Diego Repertory Theater, among many others, playwright Lanie Roberton's narrative excepted from the Holiday autobiography, Lady Sings The Blues, (co-authored with William) buffy in 1956.) builds the familiar story line to an intimate 90 minutes between the main character and her audience in what is fast becoming an American classic in theater.

As usual the

As usual, the audience leaves the theater rehashing Lady Day's tragic search for love and under-standing. Feeling sorry for one of

the world's truly gifted artists as she plunges from dizzying heights of success to the dregs of society, eventually drowning in her own tears of remorse and helpless ad-diction to drugs.

As Devine rides the roller coaster to hell and back, the audience goes along for the ride. She holds us spellbound as she unravels the stories of how she was motivated to write many of the beautiful, hanting jazze balleds we have enjoyed over the years.

Lady Day is a musical odyssey worth re-visiting on a hot

summer's night and Montclair State College's intimate theater is as cozy as a theatre-in-the-round for theater goers who enjoy feel-ing they are part of the action on

Curtain time is evenings at 8:00 p.m. and the price is right.
The current series includes One Mo' Time (July 17-22) and Rosemary Clooney in Concert (July 24-28.)

Fusion International - an Afrocentric experience



A new Afrocentric enterprise, "Fusion International", makes its debut this Sunday July 15 at the Grant Avenue Community Center in Plaintfield, with an extrava-ganza featuring contemporary African fashions, hair styles, food and rhythms.

African fashions, hair styles, food and rhythms.
Fusion, the brainchild of Thelma and Chico Watkins, will blend traditional and contemporary African designs into the African American lifestyles the African American lifestyles school and college in New Jersey, creates fashions for men and women and hair styles for momen and hair styles for women that can be worm alone or with western style clothing. Fusion fashions allows the African American, who is becoming more aware of the richness of their African heritage, the ability to select clothing and accessories that can be worm to work or for special occasions.
Fusion, through its fashion shows and special events, hopes to educate all those interested about the finer aspects of African

culture. According to Thelma, who has always wanted to have a school, "the models learn the grace, poise and beauty culture that is distinctly African while the audience gains a better understanding of the rich and creative appects of African culture."

Sunday's event which starts at 600 pm, will feature original wear in addition to accessories that can add an African flair to any wardrobe. Complimenting the state of the start of



Now in its third year of existence, MLJR Enterprises is producing its third annual summertime dinner/lashion show called "Cruisin" to Africa," navigated by intrigue, MLJR's fashion division. Executive producer, Miller Lucky, Jr.; associate producers, Wendy Beverly and Theresa Doutass; and managing director, Theresa Pearyer. "Crusin' to Africa" hosts over 25 dynamic local models; aspiring designer fashions; entertainment, fun and games; and a professionally extered southern style gournet inner. "If you cannot afford a real cruise, join us in a five scene cruse to the "Motherland" July 22 at 4 p.m., Kean-Brown Theatre in Pilainfield. Tickets are \$30 in style and \$35 at the door. For more information call 201-287-1261.

Trenton artists to exhibit at Nabisco

EAST HANOVER, NJ — An exhibit by members of the Trenton Artists Workshop Association

BILLBOARD

WAYNE—The Best Little Whorehouse in Texas" a happy-go-lucky view of small-town vice and satewide corruption, will be staged in the Hunziker Theatre on the William Paterson College campus. For further information call 201-595-2371.

campas: For turcher information call 201-595-2371.
Schurdory, July 14
EDISON—The sound of three local rock bands will fill their summer air at 8 p.m. at the Edison Valley Playhouse, 2196 Oak Tree Rd, Edison. This is a part of a trend in the rock community for bands to produce their own shows and find local venues to perform in. The bands appearing will be Rayce, Outside Ina and Triggerfish. For information call 201-968-6132.

Thursdop. July-24.

Thursdoy, July 26
NEWARK—Jazz Century concerts continue at the Newark
Public Library with the Leo Johnson Quartet appearing from 7:30
to 9:30 p.m. and broadcast over
WBGO.

wayne—"A Lesson from Aloes," focuses on the impact apartheid has on the individual in South Africa, will be staged in the Hunziker Theatre on the William Paterson College campus. For further information call 201-595-2371.

Thursday, August 2

NEWARK—Boogie Latin Jazz Salsa All Stars will perform at the Thursday Night Jazz Concerts in the Terrace Room at Newark Symphony Hall from 5-9 p.m. No admission and a complementary buffet will be offered to augment the cash bar.

Thursday, August 23 NEWARK—Jazz Centur

NEWARK—Jazz Century con-certs continue at the Newark Public Library will conclude with the Andy Bey Trio Quartet ap-pearing from 7:30 to 9:30 p.m. and broadcast over WBGO.

(TAWA) will be on display at the Nabisco Brands Gallery here from June 25 through September 25.

from June 25 through September 23.

More than 40 pieces of art representing the work of 28 artists will be featured in the show. Interpresenting the protographs, prints and sculpture in a variety of media and style. Most of the art is for sale.

TAWA was founded in 1979 to promote the visual arts in New Jersey's cantal city area. The orbers, including some of the state's most renowned artists. The group has exhibited at the New Jersey. State Museum, and the Muse Gallery in Philadelphia as well as college galleries throughout New Jersey.

TAWA is sponsored in part by the Mercer County Cultural and Heritage Commission in cooperation with the New Jersey.

TAWA is sponsored in part by the Mercer County Cultural and Heritage Commission in cooperation with the New Jersey.

TAWA is East Hanover. It is open to the public, at no charge, from noon to 4 p.m., every day.

'90 Concert Series pamphlets available

Mayor Sharpe James announced that pamphtets listing summer concert times and locations are available in the Division of Recreational/Cultural Affairs Office located in Room B-23.

"Many great events happen in Newark during the summer, however most people are unsware of where and when. I think this pamphtet will increase the attendance because people will obtain them and roceive the nocessary information, 'said Mayor James.

Besides the location, time and date of the performances, the pamphtet also lists the type of music, a rain location, and phone number in case of rain.

Pamphtets may be picked up Monday through Friday, 9 a.m.-5 p.m.

Newark sponsors Latin concerts around city

sion of Recreation and Cultural
Affairs (DORCA) will host a series of Latin concerts, featuring
"some of the most talented Latin
artists in this area," Newark
Mayor Sharpe James has announced. The City of Newark's Divi-

The series begins Friday, July 13, at 6 p.m. at Independence Park, at Walnut and Van Buren streets, with the David Cedeno Cedeno a trumpeter, pianist and

ader and toured extensively

bandleader and toured extensively with the group.

On the following Friday, July 20, Juan Carlos Gilva and La Progressiva perform at 6 p.m. at Independence Park. The Setzeo Ardiente band, under the direction of turnupert clonard Pollars, wyll also play at the park on Friday, July 27.

I am very happy that the City of Newark is able to provide our citizens with this exciting music

pictures and autographs.

to entertain them this summer," said Mayor James. "We have many outstanding Latin musicians and bandleaders in Newark, and this is a perfect way for them to showcase their talents before

to showcase their talents before other Newarkers."

When the Latin concert schedule resumes on Thursday, August 16, at 7 p.m., exciting Salsa music will be heard in Vailsburg Park, at South Orange and South Munn Avenues, when Creacion plays there. On Tuesday, August 22, Juan Carlos Oliva and La Progresiva will perform in Washington Park 12-30

Oliva and La Progressiva will per-form in Washington Park, 12:30 p.m. at Broad Street and Wash-ington Place.

All events are free and open to the public. For additional in-formation about these and other cultural events for the summer in the City of Newark, call DORCA (733-6454).

(733-6454).

DORCA receives partial funding for its programs and events from the New Jersey State Council on the Arts through a grant administered by the Essex County Division of Cultural and Hasorie Affairs. Additional funding comes from the U.S. Department of Housing and Urben Development (HUD) through the Community Development Block Grant (CDBG) program.

Muscle beach body building contest at Jersey shore

POINT PLEASANT, N.J.—
The 7th annual Muscle Beach
Bodybuilding Championship will
be held at Point Pleasant Borough
High School on Saurday, August
4 beginning at 7:30 p.m.
Event Director Linda Torino
expects over 75 amateur male and
female bodybuilders from the east
coast to compete before more
than 1,000 spectators at an event
she describes as "out-of-theordinary."

"The Muscle Beach

ordinary."

"The Muscle Beach
Bodybuilding Championship will
be different from most
bodybuilding events held in the
"state area," Torine explained.
"We are staging a health and
fitness exhibition prior to the
show so that people can learn
about the importance of physical
fitness and good health."

In addition to the exhibition, a fashion show will be held that will feature the current fashions in activewear and sportswear. Savage Sportswear and Flip Over Activewear will be the featured

Paisley, one of the most suc-cessful professional bodybuilders in the world, will be a guest poser along with Luke Canestri, known for his unique posing routines. Both athletes will be available for

pieures and autographs. The event, sanctioned by the National Physique Committee (NPC), will ascept applications up to the day of the contest. All competitions must be registrated with the NPC. Applications for the contest and NPC membering are available by calling 201-534-6395 or by sending a self-addressed, stamped envelope to People Management, 9 Van Pelt Dave, Whitehouse Station, NJ. 08889.

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ITYSPORTS



If you like watching Zina Garrison play tennis, or just like watching good tennis period, last Thursday's women's semifinal match at Wimbledon had to be extremely gratifying to the heart. She hadn't done it often, but you just knew she could win the big matches. You knew so much that sometimes you wanted to go out and win it for her.

Thursday was the day Zina, and the rest of us who root for her, would win the biggest one yet.

yet.

There was our Zina, all 5' 8", 130 or so well-conditioned pounds of compact athleticism and daring, bouncing and pranc-

Zina puts it all together

ing, swaying and rocking while waiting to return serve. Like Michael Jordan's tongue wagging routine, Zina's bouncing and prancing is her trademark. She has her racket in right hand, an imaginary racket in the left, and stands ever-ready with a linebacker stance that would make Lawrence Taylor proud.

Zina Garrison will continue to be one of the most success-ful players on the women's tennis cir-cuit and a role model for millions.

This day, like LT, she was ready for anything that came her way.

Like the booming serves of Steffi Graf. The 21-year-old top-ranked player from West Germany has the most feared short in the game. One shot in particular is simply called The Forehand. The Serve has sent many a player sorrwiling. Inc. sprawling, too.

Zina was prepared for The

Forehand and The Serve, countering with The Speed and The Athleticism. She was all over the court, running down shot after shot, bomb after bomb, beating her opponent to the net for winner after winner to take the first set 6-

and regionals of the first set 6-3.

But like all true champions, steff got tough in the second set, taking it 6-3. Her serve was more effective, she made less errors, and Zina made a few more.

Also, like a true champion, the "new" Zina Garrison got tough in the third set, refusing to give up her serve white laking the ent at every opportunity. After it was all over all of us, Zina, her two provides and the control of the

You kept looking for Zina to fold, or for Steffi to rocket that shot simply called The Forehand right past Zina for acc after ace.

It didn't happen though, Steffi would fire rockets, Zina would return bombs. Steffi would hir a bilistering backhand shot which looked like a sure winner, just to see the little black lady from Houston fire an even better shot past her.

Is Zina ready to consistently challenge the top players in the world? Well, she did get beat earlierly easily in the final, 6-4, 6-1 to Martina Navratilova, which is nothing to be ashamed of, Especially considering the sister had played for 8 hours the previous day in mixed doubles and women's doubles.

Even if she doesn't become he number one ranked player in the world, Zina Garrison will continue to be one of the most successful players on the women's tending icircuit and a role model for millions. And she'll even beat a Steffi Graf every once in while.



A straight right from Glenwood Brown (r) (29-1-22 K.O.'s) of Plainfield sends Daniel Sclarandl (i) (15-2-3) in to the ropes in the 6th round of a 10 round bought. Brown won with a unanimous decision.



ple Threat light heavyweight Al Cole win his second fight in days by scoring unanimous 8 round decision over Keith Murray in the Atlantic City Convention Hall 6/24/90. Cole is 13-0 fle.hts out of Triple threat Gym in Newark.



The referee stopped this fight in the 3rd round after Art Tucker (f) (17-2-1-13 k.O.'s) of Newark went down for the second in the 3rd round in his bout with Riddick Bowe (r) (18-0-15 k.O.'s) of New York.



Bowe looks down at Art Tucker after the second knock Harrah's Marina Hotel 7-8-90.



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Newark Recreation Department announces winners from "Hershey Games" "Hershey

nounced.

Roslyn Lightfoot, manager of DORCA, said the "Hershey" games are a fine addition. to "Newark's total portfolio of athletic, cultural and recreational programs. The games were well run and organized, on the same par, as the United State Youth Games (an Ollympic-style meet in which Newark annually competes). I'm very excited about this

new sporting event and look forward to the games next year."
Harold Wright, DORCA special events coordinator, said "The national atthletic organization, because the said that the said of the said of

The Newark winners are: Tiffany McKinney, Martin Luther King, Jr. Elementary School (M.L.X) (Girls, Age 9-10, 50-meter dash), Saquan Davis, Boylan Street Recreation Center (Boys, Age 9-10, 50 & 100-meter dash), Tamika Leak, M.L.K. Elementary School (Girls, Age 9-10, 100-meter dash), Hameefah Hickson, M.L.K. Elementary School (Girls, Age 11-12, 100-meter dash), Antonio Pinto, Iron bound Recreation Center (Boys Age 11-12, 100-meter dash), Michael Rego, Joseph Bullovin Andres Soraine, Antonio Pinto, Ironbound Recreation Center (Boys, Age 11-12, 4 by 100 re-

lay), Maleesa Spruill, M.L.K. Elementary School (Girfs, Age 910, 200-meter dash), Taishia Vaugha, M.L.K. Elementary School (Girfs, Age 11-12, 200meter dash), Juanita Langley, M.L.K. Elementary School (Girfs, Age 13-14, 200-meter dash), Juan Conception, Boylan Street School (Boys, Age 13-14, 200-meter dash and 1600-meter run), Carlifa Cooper, M.L.K. Elementary School (Girfs, Age 11-12, 400-meter run), Michael Rego, Iranböund (Boys, Age 11-12, Long Jump and Soft-ball Throw).

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